



2012 SPRING PROGRAM GUIDE



FRIENDSHIP CENTER

REGISTRATION BEGINS

FC Members (All FC Programs)	Tuesday, March 6
Preschool Programs	Wednesday, March 7
Aquatics Programs	Thursday, March 8
All Other Programs	Monday, March 12

LOWER PAXTON TOWNSHIP PARKS AND RECREATION

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.lowerpaxton-pa.gov

WELCOME

To The FRIENDSHIP CENTER

The Lower Paxton Township Parks and Recreation Department invites you to be active participants in the many recreational and leisure opportunities offered to all age groups contained within this publication.

Your Membership Includes –

- Unlimited Use of Facilities
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Special Rates on Personal Fitness Training/ Massage Therapy
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- 25% Discount on Programs at the Center
- Convenient Early Morning Hours
- Members Only Advanced Registration

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HOURS OF OPERATION

SEPTEMBER 1-MAY 31

Monday-Friday	5:30 a.m. to 10 p.m.
Saturday	8 a.m. to 9 p.m.
Sunday	12 p.m. to 6 p.m.

(Subject to change based on usage)

*Pool and Gym schedule available at Service Desk.

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day
New Year's Day, Easter Sunday

Special Hours (5:30 a.m.-2:00 p.m.)

Memorial Day (Monday), July 4, Labor Day
Christmas Eve, New Year's Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVW 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members MUST present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 18)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

MEMBERSHIP AND PASS INFORMATION

ANNUAL MEMBER

(Discounts and Payments)

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive discounts on programs.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa or MasterCard.
- Monthly bank draft available.



2012 Membership Rates

Categories

	Lower Paxton (1/1/12) Township Resident Discount Rate	Regular Rate
Youth/Student (13+ OR Full-Time College Student up to 22 years)	\$16.75/mo. (\$201 yr.)	\$18.25/mo. (\$219 yr.)
Adult Single (18+)	\$38.33/mo. (\$460 yr.)	\$42.33/mo. (\$508 yr.)
Adult Couple/Single Parent Family	\$53.25/mo. (\$639 yr.)	\$58.75/mo. (\$705 yr.)
Family	\$60.17/mo. (\$722 yr.)	\$66.75/mo. (\$801 yr.)
Senior Single (60+)	\$28.83/mo. (\$346 yr.)	\$31.58/mo. (\$379 yr.)
Senior Couple	\$42.66/mo. (\$512 yr.)	\$47.42/mo. (\$569 yr.)

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.

PASS INFORMATION (tentative)

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$8 adults/\$5 children. Members may bring a guest(s) to the facility by purchasing a Guest Pass that is valid for one day. Passes are non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

\$12 daily before 4 p.m.

\$14 daily after 4 p.m., weekends and holidays.

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

CONNECT

with the

FRIENDSHIP CENTER

SIGN UP

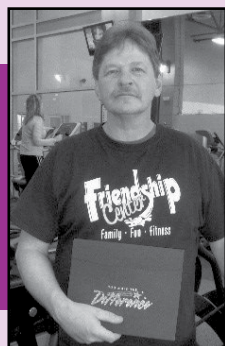
to get Lower Paxton Township Parks
and Recreation and the
Friendship Center in your inbox!

friendshipcntr.com (and subscribe)

**or follow us on twitter
username (@friendshipcntr)**

EMPLOYEE OF THE MONTH

JOE SPONAUGLE



MEMBER OF THE MONTH

KEITH YUNDT



Thank You For Your Dedication!

Special Program Notes

- ◆ All classes have a minimum and maximum number of participants. Space is on a first come, first serve basis.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ For your convenience, the Parks and Recreation Department has four sessions during the year. The programs run Fall, Winter, Spring, and Summer.
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program should simply present their membership card to the service desk for entry into facility.
- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Some programs are in high demand and fill quickly. Waiting lists are established after activities become full.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

**(PROGRAM REGISTRATION DATES
AND PROCEDURES ON PAGE 19)**

Friendship Specials!

FRIENDSHIP CENTER

Brick Sale — Only \$60⁰⁰

Honor/Remember a Loved One
by Purchasing a Brick
on the Front Walkway.



Sale Runs March 4-10, 2012
Call 657-5635 (Extension 123)

HOME FOR BREAK?

SPEND IT WITH US!

30 DAY MEMBERSHIP FOR \$20

**FULLTIME COLLEGE STUDENTS
ONLY!**

Must be purchased by March 31, 2012
NO REFUNDS!

Friendship Center Membership Referral Program

Here's a chance to bring family and
friends to your home away from home —
THE FRIENDSHIP CENTER.

*If you refer a new member, you will receive
a \$25 gift certificate towards programs
or membership after 3 months
of the new membership.*

Must present referral slip when joining.
See Service Desk for additional information.
Annual Membership Only. Not Redeemable for Cash.

FRIENDSHIP FRIDAYS

FIRST FRIDAY OF EACH MONTH

*Members of the Center celebrate the first Friday
of every month with complimentary coffee.
Bring a friend for free (18+) and enjoy . . .*

Friday, March 2 — A Leprechaun Surprise!

Friday, April 6 — Jelly Beans

Friday, May 4 — M & M in all colors!

Friday, June 1 — Oranges

All friends must have photo identification.

EVERY TUESDAY

Everyone welcome to receive **FREE** body fat testing,
weigh-ins and blood pressure from 10-12 noon.

FRIENDSHIP CENTER & PARKS & REC. SPECIAL EVENTS/HIGHLIGHTS

Easter Egg-Stravaganza (Free!)

Mark your Spring calendars for this Eggciting egg hunt co-sponsored by Parks and Recreation and Biting Recreation. Free for children 2-10 years old. Children will be divided by age groups to hunt for the candy-filled eggs and prizes! Don't forget your basket. The Easter Bunny will be there too!

Date: Saturday, March 31, 2012, 1 p.m.

Location: Brightbill Park

Breakfast with the Easter Bunny

Eat breakfast with the Easter Bunny, bring your camera, and go on an egg hunt in the gym! It's a fun-filled morning to share together. Tickets needed for adults who eat. Reservations required, limited space.

Date: Saturday, March 24, 2012, 9 a.m.

Fee: \$7 per person (#13762)

"Kids" Yard Sale

For ages 5-16 to sell their toys, games, collectibles, bikes and anything else to clean up the room/house. All children must have adult supervision and will receive a 10 x10 space per spot. Kids only — no commercial or adult sales during this event.

Date: Saturday, April 28, 9 a.m.-12 noon

Must pre-register by 4/26! (Raindate 5/5)

Location: Friendship Center Parking Lot

Fee: \$10R/\$12NR/\$5M (#14086)

Summer Day Camp

Camp is held June 12-August 10 at three locations: Linglestown (5-11 yrs.), Northside (12-14 yrs.) and Paxtonia (5-11 yrs.) Elementary schools. Children must have completed kindergarten and not exceed 8th grade. The camp provides theme-based social and recreational activities for ages 5-14. Weekly fee is \$125 resident and \$130 non-resident. Limited positions. Call 657-5635 for info packet and registration forms. Add a week Aug. 13-17 or 20-24, \$135R/\$140NR/\$115M.

Summer Playground Program

The Playground Program runs June 11-August 3 from 9 a.m.-12 noon. Preschool programs are open to children 3-5 years at the following locations: Mon. and Wed. — Kohl Park, Tues. and Thurs. — Koons and Brightbill. A \$.50 fee is collected each preschool day. Youth programs for ages 6-12 years meet Mon. through Fri., 9 a.m.-12 noon at Lamplight, Koons and Brightbill Parks. A \$1 craft fee is collected weekly. One time yearly non-refundable registration fee \$20 payable on first day of attendance.

2012 TGIF Summer Concert Series

The Annual TGIF Summer Concert Series is free, filling Brightbill Park with great music Fridays in July. Concerts are from 7:00-8:30 p.m. The concerts are made possible by local sponsors.

July 6th, July 13th

July 20th, July 27th

6th Annual Trash (Can) to Treasure Project

Become a public artist! — Have your work displayed in one of Lower Paxton Township's Parks! Groups and individuals are invited to beautify township parks by transforming plain green barrel trash cans into functional pieces of art. Registration forms due by May 4. Paint cans from May 14-18. Limited number of trash cans available, reserve yours early!

"Biggest Loser" Weight Loss Challenge

Do you have extra pounds to lose? If so, the Biggest Loser Weight Loss Challenge is for you! The 10 week challenge will kick-off Sunday, March 4th and run through Saturday, May 12th. \$10.00 to register. The top three individuals with the highest percentage of weight lost will receive a gift certificate to the place of their choice. The value of the gift certificates increase with the number of participants so, the more registrants, the greater the prize. Tips to aid in your weight loss will be distributed at the weekly weigh-ins.

REGISTER NOW! (Members Only)

Details available at the front desk.

FRIENDSHIP CENTER Biggest Loser Membership \$75⁰⁰

Valid March 5 - May 12, 2012

**(\$65 towards 10 week membership /
includes \$10 fitness challenge entry fee)**

Must be 18+.

No variation on membership dates.

- FINANCIAL ASSISTANCE
- GRANT PROGRAM
- SCHOLARSHIP FUNDS

The Friendship Center provides financial assistance grants for programs or membership at the Friendship Center. Interested applicants may obtain an application by calling 657-5635. Donations towards the scholarship funds are greatly appreciated.

PRESCHOOL ACTIVITIES

IMPORTANT REGISTRATION INFORMATION!

Preschool pre-registration for those staying in the **same** class will be held from Feb. 27-Mar. 2. Open registration for FC members begins at 8 a.m. on Thurs., March 6th and all others on Wed., March 7th.

All programs will meet for a **nine week** session at the Friendship Center unless noted otherwise. **Child must have met the minimum age requirement of the class by September 1, 2011.**

Fun For One (Ages 12-24 mos. w/parent)

(Must be age one by Sept. 1, 2011.) Have fun with your toddler while playing, doing simple crafts and activities, and meeting new friends.

A. Tues., 9:30-10:30 a.m., Mar. 27-May 22 (#14160)

Instructor: (for A) Kim V.

*B. Fri., 11 a.m.-noon, Mar. 23-May 25 (#14161)

Instructor: (for B) Chris R.

Fee: \$55R/\$59NR/\$41M (no class 4/6)

Double Play (Ages 2-3 w/parent)

Share songs, stories, fingerplays and simple crafts.

Helps build confidence in interacting with others.

A. Tues., 10:45 a.m.-noon, Mar. 27-May 22 (#14162)

Instructor: (for A) Nadzia S.

*B. Fri., 9:30-10:45 a.m., Mar. 23-May 25 (#14163)

Instructor: (for B) Chris R.

Fee: \$64R/\$69NR/\$50M (no class 4/6)

Twos Together (Age 2)

(Born before 9/1/09) A special day for twos; activities include crafts, fingerplays and a snack.

Dates: Thur., 9:30-11:30 a.m., Mar. 29-May 24

Instructor: Nadzia S.

Fee: \$96R/\$102NR/\$72M (#14166)

KID'S KORNER

Ages 1-6 Years with Parent

Visit our indoor playground and join the fun!

Tuesdays & Fridays, 10:30 a.m.-Noon

Program Ends — Apr. 27 (closed 4/6)

\$3 per Child — Members ages 1-6 Free!

Morning Fun Time (Ages 2½-3)

(Born before 3/1/09) A starter program focusing on beginning socialization and developmental skills, offering time to play, sing, make a craft and new friends too! (no class 4/9 and 5/28)

Dates: Mon./Wed., 9:30-11:30 a.m., Mar. 26-May 30
Instructor: Mary C.

Fee: \$204R/\$214NR/\$158M (#14167)

Preschool Pals (Ages 3-4)

A two-day preschool curriculum with crafts, circle time, stories/songs, painting, and creative play.

A. Tues./Thur., 9:30 a.m.-noon (#14168)

B. Tues./Thur., 1-3:30 p.m. (#14169)

Dates: Mar. 27-May 24

Instructor: Elaine P.

Fee: \$233R/\$243NR/\$189M

Learning Fun Pre-K Class (Ages 4-5)

Help children prepare for kindergarten with hands-on activities exploring the alphabet, numbers, stories and other learning opportunities. Meets 3 times a week.

A. Mon./Wed./Fri., 9:30 a.m.-noon, Mar. 26-June 1

*(no class on 4/6, 4/9, 5/28) (#14165)

B. Tue./Wed./Thu., 1-3:30 p.m., Mar. 27-May 24
(#14164)

Instructor: Nadzia S.

Fee: \$330R/\$340NR/\$266M

Tots Tae Kwon Do (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along w/fun.

Tiny (3-4 yr. old): Mon., 3:30-4:15 p.m., April 16-May 21 (#13985)

Tiger (4-5 yr. old): Tues., 10:15-11 a.m., April 17-May 22 (#13984)

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR

Have Gym Will Travel w/Kathy (Ages 3-5) (8 classes)

Children will receive instruction in tumbling, balance beam, bars, mini-tramp, and other invigorating activities.

A. Fri., 1:00-2:00 p.m., Mar. 23-May 18 (#14158)

B. Fri., 2:15-3:15 p.m., Mar. 23-May 18 (#14159)

Fee: \$108R/\$116NR/\$86M (no class 4/6)

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½ yrs.) (8 classes)

Introduction to basic tumbling and gymnastics. Parent's assistance is required.

Dates: Thurs., 9-9:40 a.m., Mar. 29-May 17

Location: Friendship Center, Gym #2

Fee: \$86R/\$89NR/\$67M (#13989)

PRESCHOOL ACTIVITIES (CONT.)

Gymnastics for Pre-school w/Hbg. Gymnastics (Ages 3½-6 years) (8 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.

Dates: Thurs., 9:45-10:30 a.m., Mar. 29-May 17

Location: Friendship Center, Gym #2

Fee: \$86R/\$89NR/\$67M (#13990)

Smurfs Soccer w/Ricardo (Ages 3½-6) (4 classes)

(Must be age 3 as of 9/1/11) Instructional clinic with age-appropriate skills, drills and games.

Dates: Tues., 5:10-5:55 p.m., Apr. 3-24 (#14077)

Tues., 5:10-5:55 p.m., May 8-29 (#14078)

Tues./Thurs., 5:10-5:55 p.m., June 12-21 (#14081)

Tues., 6-6:45 p.m., Jan. 3-24 (#14079)

Tues., 6-6:45 p.m., Mar. 13-27 (#14080)

Tues./Thurs., 6-6:45 p.m., June 12-21 (#14082)

Location: Kohl Park

Fee: \$45R/\$50NR

Sports Science for Preschool w/Tina (Ages 3-5 years) (6 classes)



Forces, motion and fun. Children will learn all about what makes things move! Activities to enrich your child's understanding of motion while building on what they observe in everyday life.

Dates: Mon./Wed., 1:30-3 p.m., March 28-Apr. 16

Location: Friendship Center, Room 122

Fee: \$70R/\$73NR/\$56M (#14124)

Young at Art w/Tavia (Ages 2-4) (6 classes)

An intro to visual arts. Kids and parents will investigate different types of mark-making, exploring a variety of art media/methods, play games viewing art and learn vocab. Parent assistance is required. Wear old clothes.

Dates: Wed., 10:15-11 a.m., Apr. 18-May 23

Location: Friendship Center, Room 112

Fee: \$84R/\$87NR/\$70M (includes \$20 material fee) (#14150)

Petite Picasso w/Tavia (Ages 4-6) (6 classes)

Study famous artists, learn about elements of design, and explore a wide variety of art media and methods. Come dressed for art-making mess!

Dates: Wed., 10:15-11:15 a.m., May 30-July 11

Location: Friendship Center, Room 112

Fee: \$90R/\$95NR/\$75M (includes \$20 material fee) (#14149)

Pee Wee Golf (Ages 4-7) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Sun., 12:30-1 p.m., April 15-May 6

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR (#14121)

FALL 2012 PRESCHOOL EARLY REGISTRATION

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (starts 9/5)

Fee: \$159R/\$169NR/\$123M (#14018)

Preschool Pals (Ages 3-4)

A. Tue./Thu., 9:30 a.m.-noon (starts 9/6) (#14016)

B. Tue./Thu., 1:00-3:30 p.m. (starts 9/6) (#14017)

Fee: \$181R/\$191NR/\$147M

Learning Fun Pre-K Class (Ages 4-5)

A. Mon./Wed./Fri., 9:30 a.m.-noon (starts 9/5) (#14015)

B. Tue./Wed./Thu., 1:00-3:30 p.m. (starts 9/6) (#14014)

Fee: \$257R/\$267NR/\$207M

A \$25 (non-refundable) deposit is due at time of registration. Registration for returning students begins at 8 a.m. February 9 (FC members); February 10 (non-members); and March 5 for new students.

For details call 657-5635, ext.112

Kids Zumba (Ages 4-7) Little Starz (8 classes)

Zumba for kids! Fun and fitness all in one!

Dates: Thurs., 5:45-6:15 p.m., Apr. 19-June 7

Location: Friendship Center, Room 112

Fee: \$36R/\$39NR/\$26M (#14209)

YOUTH AND TEEN ACTIVITIES

Ancient Times: Activities for Children w/Suze (Ages 6-10) (4 classes)

This course is based on the book *The Story of the World History for the Classical Child Volume 1: Ancient Times* by Susan Wise Bauer. Each week we will work

on projects that follow the story. (Register as of 2/17)

Session I: Tues., 9:30-10:30 a.m., March 6-27 (#13804)

Session II: Tues., 9:30-10:30 a.m., April 3-24 (#13805)

Session III: Tues., 9:30-10:30 a.m., May 1-22 (#13806)

Location: Friendship Center, Conf. Room

Fee: \$42R/\$45NR/\$35M

Real Science w/Suze (Ages 6-10) (4 classes)

Loads of fun, simple, safe and easy science experiments and projects for children. Covers water and air, elements and periodic table, sound, and nature's forces. (Register as of 2/17)

Session I: Tues., 11 a.m.-12 p.m., March 6-27 (#13809)

Session II: Tues., 11 a.m.-12 p.m., April 3-24 (#13810)

Session III: Tues., 11 a.m.-12 p.m., May 1-22 (#13811)

Location: Friendship Center, Room 112

Fee: \$42R/\$45NR/\$35M

YOUTH/TEEN (CONT.)

Intro to Tae Kwon Do (Ages 6-12) (6 classes)

Geared to develop basic techniques as well as self-defense, focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., April 17-May 22

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#13986)

Pee Wee Tennis (Ages 5-7) (4 classes)

A. Sat., 9:15-10 a.m., April 7-26 (#14170)

B. Sat., 9:15-10 a.m., May 5-26 (#14171)

Location: Brightbill Park

Fee: \$37R/\$40NR

Cardio Tennis w/Ricardo (Ages 7-11)

Move to the ball in a high energy circuit. Covers sport basics and includes challenge games. Players must bring racquet.

Dates: Sat., 3:30-4:30 p.m., Apr. 14-28

Location: Kohl Park

Fee: \$45R/\$50NR (#14083)

Orienteering For Kids w/Tina (Ages 8-11) (5 classes)

Participants will learn to use a compass to find their way around and hunt for hidden treasures! Classes will be held rain or shine, so have your child dress appropriately.

Dates: Sat., 10-12:30 p.m., Apr. 21-May 19

Location: Brightbill Park

Fee: \$75R/\$80NR (#14135)

Diva 4 A Day (Ages 4-13)

Register as of 2/17:

A. Princess Diva: Saturday, February 25

10 a.m.-12 p.m. (#13813)

Come in your Disney dress up gown. Have fun painting nails, make-up and hairstyling.

B. Rockin It Out Diva: Saturday, March 3

10 a.m.-12 p.m. (#13814)

Red Carpet Treatment. Make bracelets, take photos.

C. Pamper Me Spa Party: Saturday, March 10

10 a.m.-12:30 p.m. (#13815)

Bathrobes provided for pedicures, manicures and mini-facials.

D. Pinkies in the Air Tea Party: Saturday, March 17

10 a.m.-12:30 p.m. (#13816)

Learn etiquette — come dressed for tea. Proper walk, sit, drink/eat, speak.

Location: Friendship Center, Room 106

Fee: \$37R/\$40NR/\$30M

Horses 101 w/Prairie Fire Farms (4 classes)

Learn basics of horses and ponies from breeds/colors to parts of the horse and the equipment. You might even get to work with the real thing!!! Come to all 4 sessions and receive a coupon for a free lesson. Proceeds from registration go to Prairie Fire Farms Foundation Off-The-Track Thoroughbred Retirement & Horse Rescue.

Ages: 6-10: Mon., 5:30-6:30 p.m., Mar. 5-26 (#13838)

Ages: 11-14: Mon., 7-8 p.m., Mar. 5-26 (#13840)

Location: Friendship Center, Room 106

Fee: \$96R/\$99NR/\$80M

All In One Basketball Training w/Findaballer (Ages 5-14) (8 classes)

Work on shooting, passing, dribbling and the complete game techniques.

Dates: Mon., 6-7 p.m., Apr. 16-June 11 (#13994)

Sun., 4:30-5:30 p.m., Apr. 15-June 3 (#13995)

Sat., 11:30-12:30 p.m., Apr. 21-June 9 (#13996)

Location: Friendship Center, Gym #3

Fee: \$67R/\$70NR/\$56M

Junior Golf (Ages 8-17) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Sat., 12-1 p.m., April 14-May 5 (#14116)

Fri., 4-5 p.m., May 4-25 (#14114)

Location: Bumble Bee Hollow

Fee: \$55R/\$60NR

Jr. Beginner Tennis w/CPTS (Ages 8-10) (4 classes)

Sat., 10-11 a.m., April 7-28 (#14177)

Sat., 10-11 a.m., May 5-26 (#14178)

Advanced Beginner Tennis w/CPTS (Ages 9-15) (4 classes)

Sat., 11-12 p.m., April 7-28 (#14184)

Sat., 11-12 p.m., May 5-26 (#14185)

Location: Brightbill Park

Fee: \$37R/\$40NR

Next Level Basketball Performance Academy (Ages 14-18) (8 weeks)

Dates: Tues./Thurs., Apr. 3-May 24, 4:30-5:30 p.m.

Location: Friendship Center, Gym #1

Fee: \$206R/\$209NR/\$165M (#14224)

Beginning Photography w/Tavia (Ages 10-15) (6 classes)

What is the difference between a snapshot and fine art photography found in museums? Kids can learn how to take photography to the next level as they complete a variety of projects. Bring own digital camera and print pictures to prepare for mounting.

Dates: Mon., 4:15-5:30 p.m., June 4-July 9

Location: Friendship Center, Room 109

Fee: \$96R/\$98NR/\$80M (#14220)

See Kid's Zumba (Ages 8-12) Page 10

YOUTH AND TEEN (CONT.)

Beginning Soap Making for Parents & Kids w/Soap-O-Therapy (Ages 6+)

Learn how to make, melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Each group will have access to a wide range of materials and supplies, and take home one pound (approx. 4 bars) of soap. Extra materials available for purchase.

Dates: Saturday, May 12, 9-11 a.m.

Location: Friendship Center, Room 109

Fee: \$40R/\$43NR/\$32M per couple (#14152)

Art Rocks w/Tavia (Ages 7-12) (6 classes)

Have fun investigating art history and philosophy while building confidence in their art-making abilities. A variety of engaging projects that capture imaginations and get them working in a variety of art media/methods.

Dates: Mon., 4:15-5:30 p.m., Apr. 16-May 21

Location: Friendship Center, Room 109

Fee: \$90R/\$95NR/\$75M (includes \$20 material fee) (#14151)

Biddy Basketball (Ages 5-7) (8 classes) (register as of 5/31)

An instructional program with mini-games each week.

Dates: Tues., 6 p.m., June 5-July 24 (#14197)

-OR- Tues., 7 p.m., June 5-July 24 (#14198)

Location: Friendship Center, Gym #3

Fee: \$55R/\$58NR/\$48M (Includes shirt)

Brightbill Basketball League (Ages 8-17)

Weekday evenings, May through August. Deadline for registration of teams or individuals is Thursday, April 5 at 5 p.m. Registration forms available at Parks and Recreation Office between 8 a.m.-5 p.m.

Location: Games at Brightbill and Koons Park

Fee: Per player-\$55R/\$60NR

Puppy 101 or Level I (Ages 10 weeks +) (6 classes)

Basic training with commands such as sit, down, drop, etc. Other topics: walking on a loose leash, biting, chewing, dog/human language, games and others. Handler at least 10 years old, but whole family invited. Need 6 ft. leash, well fitting collar, treats, and toy.



Dates: Sat., 9:30-10:30 a.m., Apr. 7-May 12 (#14155)

Location: Friendship Center, East Patio

Fee: \$60R/\$70NR/\$50M

Spring Football League w/Ricardo

NEW

Football games in two-hand touch format.

Ages 7-9: Sat., 4:40-5:30 p.m., Mar. 24-May 5 (#14133)

Ages 10-12: Sat., 5:30-6:20 p.m., Mar. 24-May 5 (#14134)

Location: Kohl Park

Fee: \$35R/\$40NR

Youth Dodgeball Derby w/Ricardo (Ages 8-11)

NEW

Get a workout ducking, diving and dodging!

Date: Saturday, 9-9:50 a.m., Apr. 14-May 5

Location: Kohl Park

Fee: \$35R/\$40NR (#14132)

Advanced Junior Tennis w/CPTS (3 classes)

NEW

Raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 6-7:30 p.m., May 7-21 (#14191)

Mon., 6-7:30 p.m., June 4-18 (#14192)

Location: Brightbill Park

Fee: \$36R/\$39NR

American Red Cross Babysitting Certification (Ages 11 and up)

NEW

Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Fri., 6-9 p.m., Mar. 16, 23, 30 plus date for test and manikins* (#14156) Room 109 w/Linda B.

B. Sat., 9 a.m.-noon, Mar. 17, 24, 31 plus date for test and manikins* (#14157) Room 109 w/ Sandi B.

***Both A and B class test Mon. April 2, 7-8:30 p.m.**

Location: Friendship Center

Fee: \$58R/\$63NR/\$44M

Let's Get Cooking w/Lisa M. (5 classes)

Fun day of cooking. Make something special for Mother's Day.

Ages 3rd-5th grade: Sunday, April 22, 1-3 p.m. (#14202)

Ages 5th-7th grade: Sunday, April 29, 1-3 p.m. (#14203)

Location: Friendship Center, Room 112, East Annex

Fee: \$32R/\$35NR/\$28M

Kid's Club Fit (8 Weeks) (Ages 8-16)

This program is designed to educate families, provide exercise options, instill proper food choices, and develop a healthy lifestyle foundation for children. It will change the way kids exercise and eat. Features 16 classes including personal trainer and nutritionist!

Dates: Tues./Thurs., April 17-June 7, 5-6 p.m., (#14206)

Location: Friendship Center

Fees: \$50 per child

LES MILLS BODY PUMP/CXWORX™

Body Pump™ (Ages 18+)

Exciting! The 50-60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, instructors and your choice of weight.

Dates: (1 day per week) (10 classes-50-60 min.)

*Mon., 7:15-8:15 p.m., Apr. 16-June 25 (#14023) (MJ)

*Tues., 4:30-5:30 p.m., Apr. 17-June 19 (#14025) (J)

Thurs., 4:30-5:30 p.m., Apr. 19-June 21 (#14022) (J)

*Thurs., 7:30-8:30 p.m., Apr. 19-June 21 (#14026) (MJ)

Fri., 5:40-6:30 a.m., Apr. 20-June 22 (#14024) (MJ)

Sat., 9:15-10:15 a.m., Apr. 21-June 23 (#14021) (MJ)

Dates: (2 days per week) (20 classes-50-60 min.)

Mon./Wed., 9:30-10:30 a.m., Apr. 16-June 25 (#14020) (MJ)

Mon./Wed., 5:40-6:30 a.m., Apr. 16-June 25 (#14019) (MJ)

Location: Friendship Center, Room 118 (*East Annex)

Fee: (1 day) \$47R/\$50NR/\$35M

(2 day) \$94R/\$97NR/\$70M

Instructor Code: (MJ) Mary Jo, (J) Jodie

Spring Kick Off! BP80 and CXWORX™:

See what's coming to the Friendship Center!

Date: Sunday, April 15, 2012, 1-2:30 p.m.

Body Pump: 1-2 p.m./CRWORX: 2-2:30 p.m. (#14138)

Location: Friendship Center, Room 118

Free! Free! Free! Must Pre-Register-limited spots.

CXWORX™ (Ages 18+) (10 classes)

A 30-minute format combines personal training with energy of group fitness. Choreographed routines w/ great music! Works on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt, and also improves functional strength and assisting in injury prevention.

Dates: Mon., 5:30-6 p.m., Apr. 16-June 25 (#14140)

Tues., 9:30-10 a.m., Apr. 17-June 19 (#14141)

Wed., 5:30-6 p.m., Apr. 18-June 20 (#14142)

Fri., 6:30-7 a.m., Apr. 20-June 22 (#14143)

Sat., 10:30-11 a.m., Apr. 21-June 23 (#14144)

Fee: \$47R/\$50NR/\$35M

Location: Friendship Center, Room 118

Instructor Code: (MJ) Mary Jo

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: By appointment

Location: Friendship Center

Fee: TBA (call for details)

ZUMBA/SILVER AND FIT

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., Apr 16-June 25, 10:30-11:15 a.m. (#14069) (B)

Wed., April 18-June 20, 10:30-11:30 a.m. (#14072) (A)

*Wed., April 18-June 20, 4:30-5:30 p.m. (#14076) (B)

*Wed., April 18-June 20, 7-8 p.m. (#14074) (Sa)

Thurs., April 19-June 21, 9-10 a.m. (#14070) (J)

*Thurs., April 19-June 21, 5:30-6:30 p.m. (#14071) (L)

*Thurs., April 19-June 21, 6:30-7:30 p.m. (#14068) (Le)

Fri., April 20-June 22, 9-10 a.m. (#14073) (A)

Sat., April 21-June 23, 8:15-9:15 a.m. (#14075) (L)

Location: Friendship Center, Room 118/*East Annex

Fee: \$48R/\$51NR/\$34M

Instructor Code: (A) Alicia, (J) Joanie, (L) Lynn, (Sa) Sarah, (Le) Leon, (B) Beth

Zumba Gold w/Val (Ages 18+) (10 classes)

For active adults — A fusion of Latin and International music that creates a dynamic, exciting and effective fitness system!

Dates: Fri., 8-8:45 a.m., Apr. 20-June 22

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14137)

Kids Zumba w/Lynn (Ages 8-12) Big Starz (8 classes)

Dates: Mon., 5:30-6:15 p.m., Apr. 16-June 11

(#14207)

*Thurs., 6:45-7:30 p.m., Apr. 19-June 7 (#14208)

Location: Friendship Center, East Annex/*Room 112

Fee: \$36R/\$39NR/\$26M

Total Body Workout or *Yoga For Older Adults/Silver and Fit

Silver and Fit is a total-body senior workout program for active individuals. This class combines aerobic, flexibility, and strength training in a positive, energizing environment. We include exercises that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. Get ready for a head-to-toe workout!

Dates: Mon., 3:30-4:30 p.m., Apr. 16-June 25 (#14210)

*Tues., 12:30-1:30 p.m., Apr. 17-June 19 (#14211) Yoga

Wed., 3:30-4:30 p.m., Apr. 18-June 20 (#14213)

Thurs., 12:30-1:30 p.m., Apr. 19-June 21 (#14212)

Fri., 11 a.m.-12 p.m., Apr. 20-June 22 (#14214)

Location: Friendship Center, Room 118

Fee: Silver and Fit Members Free

Fee: \$46R/\$49NR/\$34M (10 classes)

AEROBICS/FITNESS/DANCE

Low Impact w/Lori (20 classes)

High energy, low impact moves.

Dates: Mon./Wed., 4:30-5:30 p.m., April 16-June 25

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#13997)

Combo w/Keli & Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6:05-7:05 p.m., Apr. 16-June 25

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#14004)

Abs, Back & Legs w/Keli (10 classes)

An intense workout, focused on strengthening the abs, back, and legs.

Dates: Mon., 7:05-8:05 p.m., Apr. 16-June 25

Location: Friendship Center, Room 118

Fee: \$48R/\$51NR/\$34M (#14005)

Small Group Strength Training w/Karen (10 weeks)

A very effective multi-disciplined approach to fitness that will leave your body looking and feeling amazing.

Dates: Mon., 8:30-9:30 a.m., Apr. 16-June 25

Location: Friendship Center, Weight Room

Fee: \$60R/\$63NR/\$45M (#14036)

Outdoor Fitness Boot Camp w/Karen & Lori (12 classes)

All levels. For those who want to see changes in strength, body fat and weight loss.

Dates: Mon./Wed., 7-7:45 p.m., Apr. 16-May 23 (#14042)

-OR- Mon./Wed., 7-7:45 p.m., May 30-July 11 (#14041)

Location: Friendship Center, Gym #1

Fee: \$87R/\$90NR/\$72M

Back to the Basics w/Lori (12 classes)

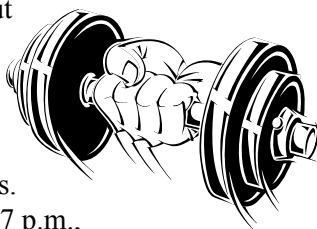
Simple and effective workout for those starting or returning to regular workout program. Weights, cardio and basic nutrition tips blended for individual results.

Session I: Mon./Wed., 6:15-7 p.m., Apr. 16-May 23 (#14043)

Session II: Mon./Wed., 6:15-7 p.m., May 30-July 11 (#14044)

Location: Friendship Center, East Annex

Fee: \$65R/\$68NR/\$50M



Yogalates/Sculpt w/Terri (10 classes)

Fun class with 25 minutes of sculpting using resistance equipment and transitions into 35 minutes of yoga/pilates blend. Excellent toning and core strengthening blend. Bring sneakers.

Dates: Tues., 4:45-5:45 p.m., Apr. 17-June 19

Location: Friendship Center, Room 118

Fee: \$60R/\$65NR/\$45M (#14008)

Hatha Yoga w/Venus CYT (8 classes)

De-stress and experience a yoga practice intended to create awareness of body and mind while you increase strength and flexibility. Modifications are taught for those who may need them. All levels are welcome. Please bring a yoga mat for your comfort.

Dates: Tues., 10:15-11:15 a.m., April 17-June 5

Location: Friendship Center, Room 118

Fee: \$75R/\$80NR/\$60M (#13988)

Core Cut Interval w/Karen (6 classes)

Interval-based program to supercharge your metabolism. Each class is different w/focus on ability.

Session I: Wed., 9:30-10:30 a.m., Apr. 18-May 23 (#14035)

Session II: Wed., 9:30-10:30 a.m., May 30-July 11 (#14034)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$38M

Yoga For Relaxation w/Allie (8 classes)

A gentle yoga practice perfect for relaxing at the end of the day. All levels welcome.

Dates: Mon., 8-9 p.m., Apr. 16-June 11

Location: Friendship Center, Room 106

Fee: \$52R/\$55NR/\$40M (#14009)

20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

Dates: Tues./Thurs., 6-7 p.m., April 17-June 21

Location: Friendship Center, Room 118

Fee: \$74R/\$77NR/\$53M (#13998)

Fitness Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., April 17-June 21

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$50M (#13999)

Middle Eastern Dance Beginner Level w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

Dates: Wed., 6-7 p.m., Apr. 18-May 23

Location: Friendship Center, Room 106/109

Fee: \$54R/\$57NR/\$46M (#14097)

AEROBICS/FITNESS/DANCE (CONT.)

Ringtime Boxing w/Focus Mitts w/Karen (6 classes)

A fun, high intensity kickboxing class using bags, gloves and cardio drills.

Session I: Tues., 5:45-6:30 p.m., Apr. 17-May 22 (#14039)

Session II: Tues., 5:45-6:30 p.m., May 29-July 3 (#14040)

Location: Friendship Center, Room 112

Fee: \$49R/\$52NR/\$35M

Cardio Kickboxing w/Mary Jo (10 classes)

Combo of aerobics, plyometrics, and high energy kickboxing. Fun filled, calorie burning hour.

Dates: Wed., 7:15-8:15 p.m., Apr. 18-June 20

Location: Friendship Center, Room 118

Fee: \$45R/\$48NR/\$34M (#14225)

Small Group Personal Training (6 sessions) w/Karen

Workouts held in weight room with focus on traditional strength exercises using various lifting techniques.

Session I: Sat., 9:30-10:30 a.m., Apr. 21-May 26 (#14199)

Session II: Sat., 9:30-10:30 a.m., June 2-July 7 (#14200)

Location: Friendship Center, Fitness Center

Fee: \$54R/\$57NR/\$38M

Kettlebells w/Karen (12 classes) (16+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Tues./Thurs., 9:15-10 a.m., Apr. 17-May 24 (#14029)

Session II: Tues./Thurs., 9:15-10 a.m., May 29-July 5 (#14030)

Session I: Mon./Wed., 6:45-7:30 p.m., Apr. 16-May 23 (#14028)

Session II: Mon./Wed., 6:45-7:30 p.m., May 30-July 11 (#14032)

Session I: Sat., 8:45-9:30 a.m., April 21-May 26 (#14031)

Session II: Sat., 8:45-9:30 a.m., June 2-July 7 (#14033)

Location: Friendship Center, Room 112

Fee: \$75R/\$78NR/\$55M (Tues./Thurs.) (Mon./Wed.)

Fee: \$40R/\$43NR/\$35M (Sat.)

Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture.

Check with doctor if degenerative/orthopedic problems.

Dates: Thurs., 7:30-8:15 p.m., Apr. 19-June 21 (#14007)*

-OR- Fri., 1-1:45 p.m., Apr. 20-June 22 (#14006)**

Location: Friendship Center, *Room 109, **Room 118

Fee: \$60R/\$63NR/\$45M

Mat Pilates w/Venus (10 classes)

Strengthen the body from the inside out with exercises focusing on the core. Core strength is essential for posture and balance. This class is good for all levels.

Dates: Fri., 10:30-11:30 a.m., Apr. 13-June 15

Location: Friendship Center, Room 112

Fee: \$49R/\$52NR/\$35M (#14146)

Happy Hour Workout w/MJ

Combo class of spin, body pump and CXWORX.

Dates: Friday, April 20, 5:45-7 p.m. (#14215)

Friday, May 11, 5:45-7 p.m. (#14216)

Friday, June 15, 5:45-7 p.m. (#14217)

Location: Friendship Center, Room 118

Fee: \$7R/\$10NR/\$5M

Wellness Coach Training w/Staff

Consider the option of continued training to keep you on track to obtaining those goals in the most effective manner. We will work with you to develop a health and fitness program with your personal goals in mind.

Dates: By appointment

Location: Friendship Center

Fee: \$42M/\$47NM (per hour)

\$29M/\$34NM (per ½ hour) (#14011)

Saturday Morning Chisel w/Kelli (10 classes)

Use all forms of fitness in a cardio way. Stretch, tone and re-shape. All fitness levels.

Dates: Sat., 8-9 a.m., Apr. 21-June 23

Location: Friendship Center, East Annex

Fee: \$45R/\$48NR/\$32M (#14000)

Fitness Assessment w/Wellness Coach

Help set your goals by having an assessment done — included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

Dates: TBA

Location: Friendship Center

Fee: \$16R/\$19NR/\$12M (#14012)

Why Can't I Lose Weight? w/Dr. Ida Page

Got Belly Fat? This PLAN takes into account hormone imbalances, yeast issues, liver and digestive weaknesses; it gets to the heart of the problem. Simple eating plan, light exercise recommended. No or low hunger or cravings, higher energy and clearer thinking. Identifies food intolerances and trigger foods.

Dates: Thursday, April 12, 7-8 p.m. (#14221)

or Saturday, April 21, 10-11 a.m. (#14222)

Location: Friendship Center, Room 109

Fee: Free to members!/\$5 non-member

SPIN

Spinning™ (Ages 16+)

Spinning is an awesome workout — limited space!

Dates: (1 day per week) (10 classes-45 mins.)
 Tues., 6:30-7:15 p.m., Apr. 17-June 19 (RM) (#14061)
 Tues., 7:30-8:15 p.m., Apr. 17-June 19 (D) (#14065)
 Thurs., 6:15-7 p.m., Apr. 19-June 21 (#14060)
 Thurs., 7:15-8 p.m., Apr. 19-June 21 (D) (#14058)
 Sat., 8:15-9 a.m., Apr. 21-June 23 (MJ) (#14057)
Fee: 1/week (45 mins.) \$46R/\$49NR/\$34M

Dates: (2 days per week) (20 classes-45 mins.)
 Mon./Wed., 6:15-7 p.m., April 16-June 25 (MJ) (#14066)
 Tues./Thurs., 5:45-6:30 a.m., Apr. 17-June 21 (MJ) (#14055)
 Tues./Thurs., 4:30-5:15 p.m., Apr. 17-June 21 (M) (#14056)

Location: Friendship Center, Room 115
Fee: 2/week (45 mins.) \$78R/\$81NR/\$68M
Instructor Code: (MJ) Mary Jo, (D) Deb, (RM) Roxanne, (DM) Donna, (N) Nicole, (M) Michelle

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength and endurance in this activity that can burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., Apr. 16-June 25
Location: Friendship Center, Room 115
Fee: \$95R/\$98NR/\$75M (#14059)

Senior Spin w/Russ (Ages 60+ or active adults) (20 classes)

Designed especially for seniors and/or active adult population using senior spin program.

Dates: Mon./Wed., 8:45-9:30 a.m., Apr. 16-June 25
Location: Friendship Center, Room 115
Fee: \$69R/\$72NR/\$51M (#14010)

Challenge Ride w/Mary Jo (Ages 18+)

High intensity for one hour +. Knock your socks off with this challenge!

Date: Sunday, April 22, 12:15-1:30 p.m. (#14051)
 Sunday, May 20, 12:15-1:30 p.m. (#14054)
 Sunday, June 10, 12:15-1:30 p.m. (#14052)
Location: Friendship Center, Room 115
Fee: \$5M/\$8NM

NEED A BABYSITTER?

Call 657-5635 for a list of sitters who have passed the Red Cross Babysitting Class.

ADULT SPORTS/LEISURE

Summer Volleyball League

Men and Women's Leagues begin late May-August at Koons Park. Men's AA/A on Mons., Women's AA/A Tues., and Women's BB/B on Thurs. Deadline Apr. 13.
Fee: \$285R/\$325NR per team. Call Parks and Rec., Mon.-Fri., 8-5 p.m. for more info. (657-5635)

Women's Self Defense (Ages 13+) (5 classes)

Geared to develop defensive techniques.

Dates: Tues., 7-8 p.m., Apr. 17-May 15
Location: Friendship Center, Room 112
Fee: \$47R/\$52NR/\$35M (#13982)

Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted. Must pre-register! Limited space. Coed.

Dates: Wed., 7-9 p.m., Apr. 18-June 20 (#13981)
 Sat., 10-11:30 a.m., Apr. 21-June 23 (#13980)
Location: Friendship Center, Gym #2/#3
Fee: \$65R/\$70NR/Free to members!

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

Dates: Tues., 8-9:30 p.m., Apr. 17-June 19 (#13993)
 Thurs., 7-9 p.m., Apr. 19-June 21 (#13992)
 -OR- Sat., 8:30-10 a.m., Apr. 21-June 23 (#13991)
Location: Friendship Center, Gym #2/#3
Fee: \$65R/\$70NR/Free to Members!

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting and chipping. Information on equipment and terminology. Clubs provided.

Dates: Mon., 6-7 p.m., April 16-May 7 (#14104)
 Wed., 7-8 p.m., May 23-June 13 (#14107)

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Sun., 2-3 p.m., Apr. 22-May 13 (#14109)
 Tues., 6-7 p.m., May 1-May 22 (#14110)

Location: Bumble Bee Hollow
Fee: \$65R/\$70NR

Stretch & Strike for Women (8 classes) w/Bentz

Body conditioning in the areas of flexibility, strength and stamina using a variety of stretching, calisthenics and martial arts style strikes, kicks and blocks. Learn to move from various martial arts stances with correct form.

Dates: Mon., 6:30-7:30 p.m., Apr. 9-June 4
Location: Max Fitness, LLC, 3401 N. 6th St., Hbg.
Fee: \$55R/\$60NR (#14218)

NEW

ADULT SPORTS/LEISURE (CONT.)

Tai Chi Simplified w/J. Jackson (11+/no age limit!) (10 classes)

Tai Chi 27 short form movements based on the Yang Style. Soft high movements are done slowly with emphasis on posture, balance and natural breathing in harmony w/body movements. Benefits: stress control, tension release, stimulation of the mind, improved focus/coordination, promotion of a sense of well-being and improved flexibility.

Dates: Thurs., 10-11 a.m., Apr. 19-June 21

Location: Friendship Center, Room 118

Fee: \$70R/\$73NR/\$50M (#14002)

Tai Chi Style Essential w/J. Jackson (11+/no age limit!) (10 classes)

Grand Master Chen Zhenglei's Essential 18 movements of Chen Style Tai Chi. Low movements done with a balance of fast/slow, hard and soft spiraling movements for the cultivation of tranquility with explosive power done with natural breathing. (Benefits listed above.)

Dates: Thurs., 7:30-8:30 p.m., Apr. 19-June 21

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$50M (#14003)

Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

Dates: Tues., 3-4 p.m., Apr. 17-June 19

Location: Friendship Center, Room 118

Fee: \$42R/\$54NR/Free to Members! (#14013)

Adult & Advanced Jr. Tennis w/CPTS (3 classes)

Raise their level of play with fast paced drills, situation/match play.

Dates: Mon., 6-7:30 p.m., May 7-21 (#14191)

Mon., 6-7:30 p.m., June 4-18 (#14192)

Location: Brightbill Park

Fee: \$36R/\$39NR

"Quick Start" Weight Loss Program w/Bentz

No weighing/measuring. Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

Dates: By appointment

Location: Friendship Center

Fee: \$65R/\$70NR/\$60M (#14139)

Disney Seminar w/Sherry Hess

Discover topics of resorts, dining plan, photo pass, children's activities, tours, Magical Express, transportation of the "world", park passes/hopper & Disney Cruise. Seats limited. College of Disney Knowledge grad.

Date: Tuesday, April 10, 7-9 p.m.

Location: Friendship Center, Room 106

Fee: Free to Members/\$3NM (#14219)

"How to Coupon Shop"(4 classes)

NEW

Learn how to successfully use coupons, sales, loyalty programs, and rebates to save money and reduce your monthly food/non-food bill by as much as 25% or more! Learn strategies for your daily or emergency needs. Discover how to use the Internet to further your couponing success.

Dates: Thurs., 6:30-8 p.m., Mar. 29-Apr. 19

Location: Friendship Center, Conf. Room

Fee: \$18R/\$20NR/\$15M (#14136)

Basic Soap Making w/Soap-O-Therapy (16+)

Learn how to make melt-and-pour glycerin soap. Topics include safety, equipment, soap additives and colorants, and packaging. Access to a wide range of materials and supplies, and take home one pound (approx. 4 bars) of soap. Extra materials available for purchase.

Date: Saturday, May 12, 3-5 p.m.

Location: Friendship Center, Room 106

Fee: \$40R/\$43NR/\$32M (#14148)

ADULT ARTS & CRAFTS

Painting: Oil or Acrylic w/John (10 classes)

For those with a wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

Dates: Tues., 6:30-8:30 p.m., April 17-June 19

Location: Friendship Center, Room 109

Fee: \$87R/\$90NR/\$70M (#13987)

Mother's Day Gift "10 Reasons Why I Love You" w/Roxanne

NEW

One of a kind gift. Provide 10 photos of mom/grandma, crafting scissors and tweezers. All other supplies provided and combined into a book for a gift.

Date: Friday, May 11, 6:30-9:30 p.m. (#14126)

Saturday, May 12, 9 -11 a.m. (#14127)

Location: Friendship Center, Room 106

Fee: \$21R/\$24NR/\$18M

Father's Day Gift "10 Things You Taught Me" w/Roxanne

NEW

Show them how much you learned from them. Provide 10 photos of dad/grandpa, crafting scissors and tweezers. All other supplies provided and combined into a book for a gift.

Date: Friday, June 8, 6:30-9:30 p.m. (#14128)

Saturday, June 9, 9-11 a.m. (#14129)

Location: Friendship Center, Room 106

Fee: \$21R/\$24NR/\$18M

THERAPEUTIC RECREATION

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to offer therapeutic recreation programs for children and adults with disabilities. To participate in Easter Seals program an additional \$20 one-time annual registration fee must be sent to:



EASTER SEALS CENTRAL PA
Attn: Therapeutic Recreation Department
2201 S. Queen Street, York, PA 17402
For additional information, please go to
www.eastersealscentralpa.org
or contact Matt Ernst at 591-7027.

"Splash It Up" (All Ages) (6 classes)

Designed for the needs and abilities of participants with disabilities or special needs, as well as, a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn safety, swimming skills, physical fitness social interaction skills.

Dates: Thurs., 6-6:30 p.m., Mar. 22-Apr. 26 (#13779)
Thurs., 6:30-7 p.m., Mar. 22-Apr. 26 (#13780)
Thurs., 7-7:30 p.m., Mar. 22-Apr. 26 (#13781)
Thurs., 6-6:30 p.m., May 17-June 21 (#14091)
Thurs., 6:30-7 p.m., May 17-June 21 (#14092)
Thurs., 7-7:30 p.m., May 17-June 21 (#14093)

Location: Friendship Center, Leisure Pool

Fee: \$90R/\$93NR/\$85M

Carribean Snorkeling Day w/Ron (12 & up)

Have fun and learn how to snorkel.

Date: Sunday, April 1, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$45 per person (#14154)

Active Art w/Pat (10 & up) (6 classes)

Make projects/have fun. Therapeutic Specialist on site.

Dates: Sat., 10-11 a.m., Apr. 14-May 19

Location: Friendship Center, Room 109

Fee: \$85 per person (#14153)

AKC Canine Good Citizen (Ages 10 weeks +) (7 weeks)

This program stresses responsible ownership for owners and basic good manners for dogs. Six hours of instruction are provided, reinforcing the 10 skills required to earn the AKC Good Citizen certification. The 7th class is the test.

Dates: Sat., 10:45-11:45 a.m., Apr. 7-May 19

Location: Friendship Center, East Patio

Fee: \$125R/\$135NR/\$100M (#14147)

SWIM LESSONS

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

Dates: Tues., 10:10 a.m., Mar 29-May 15 (#13923)

Tues., 5 p.m., Mar. 29-May 15 (#13924)

Wed., 9:30 a.m., Mar. 30-May 16 (#13925)

Sat., 10:10 a.m., Mar. 31-May 19 (#13926)

Sat., 10:50 a.m., Mar. 31-May 19 (#13927)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Mar. 27-May 15 (#13931)

Tues., 5:40 p.m., Mar. 27-May 15 (#13929)

Wed., 10:10 a.m., Mar. 28-May 16 (#13930)

Wed., 6:20 p.m., Mar. 28-May 16 (#13932)

Sat., 9:30 a.m., Mar. 31-May 19 (#13928)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Twos Tots (Age 2) (8 classes)

Pre-requisite: Parent Tot I/II (no exceptions).

Dates: Mon., 5:40 p.m., Mar. 26-May 14 (#13935)

Tues., 10:50 a.m., Mar. 27-May 15 (#13936)

Sat., 11:30 a.m., Mar. 31-May 19 (#13934)

Sun., 12 p.m., Mar. 25-May 20 (#13933)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Mar. 26-May 14 (#13937)

Wed., 10:50 a.m., Mar. 28-May 16 (#13941)

Wed., 5 p.m., Mar. 28-May 16 (#13940)

Thurs., 10:50 a.m., Mar. 29-May 17 (#13939)

Sat., 8:10 a.m., Mar. 31-May 19 (#13942)

Sat., 10:50 a.m., Mar. 31-May 19 (#13938)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Mar. 26-May 14 (#13946)

Mon., 5:00 p.m., Mar. 26-May 14 (#13943)

Tues., 6:20 p.m., Mar. 27-May 15 (#13944)

Thurs., 9:30 a.m., Mar. 29-May 17 (#13947)

Sat., 8:50 a.m., Mar. 31-May 19 (#13945)

Sun., 12:10 p.m., Mar. 25-May 20 (#13948)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

SWIM LESSONS (CONT.)

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I — Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Mar. 26-May 14 (#13954)
 Tues., 9:30 a.m., Mar. 27-May 15 (#13950)
 Wed., 5:40 p.m., Mar. 28-May 16 (#13949)
 Thurs., 5 p.m., Mar. 29-May 17 (#13952)
 Sat., 8:10 a.m., Mar. 31-May 19 (#13953)
 Sat., 9:30 a.m., Mar. 31-May 19 (#13951)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Mar. 26-May 14 (#13955)
 Mon., 7 p.m., Mar. 26-May 14 (#13959)
 Wed., 7 p.m., Mar. 28-May 16 (#13960)
 Thurs., 10:10 a.m., Mar. 29-May 17 (#13956)
 Thurs., 5:40 p.m., Mar. 29-May 17 (#13957)
 Sat., 8:50 a.m., Mar. 31-May 19 (#13961)
 Sat., 11:30 a.m., Mar. 31-May 19 (#13962)
 Sun., 12:50 p.m., Mar. 25-May 20 (#13958)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Cat Fish (8 classes)

Water safety, skill development, and refinement. Prerequisites: Jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

Dates: Tues., 7 p.m., Mar. 27-May 15 (#13963)
 Thurs., 6:20 p.m., Mar. 29-May 17 (#13964)
 Sat., 10:10 a.m., Mar. 31-May 19 (#13966)
 Sun., 1:30 p.m., Mar. 31-May 19 (#13965)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Mar. 29-May 17 (#13967)
 Sun., 2:10 p.m., Mar. 25-May 20 (#13968)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 5:40 p.m., Mar. 29-May 17 (#13969)
 Sun., 2:50 p.m., Mar. 25-May 20 (#13970)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

AQUACISE

Competitive Swimming Clinic (Ages 6+) (8 classes)

Progressive and advanced skills in all 4 strokes, starts, turns and finishes. Emphasis on stroke refinement, drills and endurance. Pre-competitive and competitive level. Not swimming lessons.

Dates: Thurs., 5-5:40 p.m., Mar. 29-May 17 (#14090)
 Sat., 11:30-12:10 p.m., Mar. 31-May 19 (#14089)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7-7:40 p.m., Mar. 29-May 17

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M (#13971)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Mar. 27-May 15 (#13972)
 Fri., 1 p.m., Mar. 30-May 18 (#13973)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$160R/\$170NR/\$130M (#13974)

***Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#13977) (*must register as group.)

***Semi-Private (max two):** \$230R/\$240NR/\$180M (#13975) Note cancellation policy when registering!

Aquatic Arthritis w/Mary Jo (no discounts)

Range of motion exercise for flexibility/coordination.

Session I (20 classes): Mon./Wed./Fri., 10:45-11:45 a.m., Apr. 16-June 1

Fee: \$74R/\$77NR/\$53M (#14046)

Session II (12 classes): Mon./Wed./Fri., 10:45-11:45 a.m., June 4-29

Fee: \$52R/\$55NR/\$32M (#14047)

Location: Friendship Center, Therapy Pool

Aqua Fitness w/Roxanne (20 classes)

Various types of equipment will be used to increase the heart rate while toning core muscle groups. Also different exercise modalities to stretch length and increase body movements. Great overall workout.

Dates: Mon./Wed., 6:15-7:15 a.m., Apr. 16-June 25 (#14048)

Tues./Thurs., 6:15-7:15 a.m., Apr. 17-June 21 (#14049)

Location: Friendship Center, Therapy Pool

Fee: \$74R/\$77NR/\$53M

AQUACISE

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., April 16-June 25

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#13978)

Aquacise w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., April 17-June 21

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#13979)

Aqua Zumba (20 classes)

Zumba with the resistance of water.

(10 classes): Tues., 7-8 p.m., Apr. 17-June 19 (#14088)

Fee: \$44R/\$47NR/\$32M (Lap Pool)

Dates: Tues./Thurs., 8:15-9 p.m., Apr. 17-June 21

Fee: \$67R/\$70NR/\$50M (#14087) (Therapy Pool)

Location: Friendship Center

Aqua Zumba Cardio w/Sybil (20 classes)

Effective, fun, and invigorating workout. International music/dance in the water. The zumba craze with a wave. Equipment provided.

Dates: Mon./Wed., 6:15-7 p.m., Apr. 16-June 25

Location: Friendship Center, Lap Pool

Fee: \$67R/\$70NR/\$50M (#14131)

Aqua Intense Revolution Solution w/Sybil (20 classes)

An intense water workout in lap pool. Class participant can choose to be in the deep or shallow end of the pool and use shoes/belts or without equipment. Weights, noodles and exercise bands included to strengthen, tone and transform your body.

Dates: Mon./Wed., 5:30-6:15 p.m., Apr. 16-June 25

Location: Friendship Center, Lap Pool

Fee: \$67R/\$70NR/\$50M (#14130)

Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., Apr. 17-June 21

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14001)

Body Tone Workout w/Roxanne (10 classes)

Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on abs.

Dates: Fri., 6:15-7:15 a.m., Apr. 20-June 22

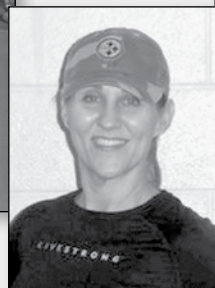
Location: Friendship Center, Therapy Pool

Fee: \$46R/\$49NR/\$32M (#14050)

PERSONAL TRAINING



DAVE



KAREN



BENTZ

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

\$30 Member/\$35 Non-Member (per 1/2 hour)

New Buddy Training System (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

\$24 per Member/\$29 per Non-Member (per 1/2 hour)

New "6 pack" training card (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)

\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

BENTZ, DAVE, KAREN

*Certified fitness professionals
for personal training.*

MASSAGE/WELLNESS

Swedish Massage

1/2 Hour — \$30 Member/ \$35 NM

1 hour — \$50 Member/\$60 NM

10 Session Package

Swedish — \$495 Member/\$585 NM

Deep Tissue/Neuromuscular

Pre-Natal Massage

Hot Stone Massage

Small Ball Therapy

1/2 Hour — \$40 Member/\$45 NM

Hour — \$70 Member/\$80 NM

10 Session Package

\$630 Member/\$720 NM

Reflexology

1/2 Hour — \$30 Member/\$35 NM

Hour — \$55 Member/\$65 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM

Chair Massage

\$1 Per Minute (When Available)



Janine



Margaretha

RENTALS



2012

Special Party Package/Rentals

***SPLASH & DASH**
(1 hour each area)
Pool, Basketball Court, Party Room
\$245R/\$263NR/\$204M

***KID'S SWIM & INDOOR GYM**
(1 hour each area)
Pool, Indoor Playground, Party Room
\$274R/\$294NR/\$229M

***STAY & PLAY**
(1 hour each area)
Pool, Game Court, Party Room
\$231R/\$249NR/\$192M

**Other popular party area rates
(per hour):**
Leisure Pool: \$139R/\$151NR/\$116M
Basketball Court: \$70R/\$73NR/\$59M
Multi-Purpose Room: \$45R/\$55NR/\$58M

Ask About Our Zumba Party!

***Packages Available
May 1-September 30**

Parties Book Fast!

Submit Your Request Early!
2 Week Advance Notice Required!

Great for Corporate Parties!
— Deck Party —
\$311R/\$333NR/\$288M

*"Deckside Fun
Package"*

Call For information!

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities, and congregate meals.

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$5 per year. Seniors do not need to be members of the Friendship Center or residents to participate.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule

MONDAY	8:30 a.m. - Aerobics (light)
	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	10:00 a.m. - Tai Chi
	8 a.m. & 2 p.m. - Cards
	1:00 p.m. - Beginning Line Dancing
TUESDAY	2:00 p.m. - Intermediate Line Dancing
	7:55 a.m. - Peppi
	8 a.m. - Blood Pressure (1st Tues.)
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking (indoor)
WEDNESDAY	8 a.m.-2 p.m. - Cards
	9-11 a.m. - Group Crocheting & Crafts (3rd Tues. of month visit our craft sale!)
	12:30 p.m. - Cash Bingo
	1-2 p.m. - Lap Swim (\$1.50)
	8:30 a.m. - Aerobics (light)
THURSDAY	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	8 a.m.-2 p.m. - Cards
	12:30 p.m. - Bridge Club
	12:30 p.m. - Mah Jongg
	1 p.m. - Tai Chi
FRIDAY	7:55 a.m. - Peppi
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking
	1-2 p.m. - Lap Swim (\$1.50)
	1:30 p.m. - Line Dancing
	8 a.m. - Lite Aerobics
	8 a.m. & 2 p.m. - Cards
	11:45 a.m. - Aquacise (\$2.00 cl.)
	12:30 p.m. - Bridge
	12:30 p.m. - Knitting and Crocheting

SENIOR VAN SERVICE

Please Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) Van Service for medical appointments, shopping and other necessary transportation. Available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

PROGRAM REGISTRATION AND PROCEDURES

3 WAYS TO REGISTER . . .

■ **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.

■ **BY PHONE** — Call with your credit card (Visa or Master Card) registration, during operating hours at 657-5635.

■ **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.

1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Tuesday, March 6, 2012 at 6 a.m.
2. Registration for **Preschool Programs** for all others begins at 8:00 a.m. on Wednesday, March 7, 2012.
3. Registration for **Aquatics** programs begins Thursday, March 8, 2012 at 6:00 a.m.
Registration for **all other programs and classes** begins Monday, March 12, 2012 at 6:00 a.m.
4. Family Discounts: First member pays full price, each additional member (up to 3) living in the same household who registers for the same class may receive a 10 % discount. No double discounting.
5. Senior Citizen Discount: 10% discounts on some programs for persons 60 years of age or over.
6. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found at any time before the trip date. If substitutes cannot be found, refunds can only be given up to four weeks before the trip date. Refunds take about 3 weeks for processing and are mailed to the original payer.
7. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
8. **Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.**
9. **Registration for a multi-session class is closed after the second meeting of the class.**

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
 Date(s) _____ Fee: RE _____ NR _____ M _____
 Name(s) _____
 Address _____
 City _____ Zip _____
 Home Phone _____ Work _____
 Township Resident? Yes/No Male/Female _____
 Friendship Center member? Yes/No
 Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:

Lower Paxton Township Parks and Recreation
 5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE

Forms are processed at the end of the business day received, but not before registration date.

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Tuesday, March 6

Preschool Programs Wednesday, March 7

Aquatics Programs Thursday, March 8

All Other Programs Monday, March 12

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

Lower Paxton Township Parks and Recreation Department would like to thank the following for their generous donations and support of the 2011 Treelighting Ceremony:

ABC North Bowling Lanes
Atlanta Bread Company
Wine's Christmas Trees
Coldstone Creamery
Colonial Park Mall
Applebee's
Dunkin Donuts
Old Country Buffet

Twin Ponds
The Meadows
Texas Roadhouse
Your Place Restaurant
Red Lobster
Metro Bank
Hershey Bears
Outback Steakhouse

Philadelphia Flyers
Pittsburgh Steelers
Olive Garden
Old Country Buffet
Karns Foods
Colonial Park Fire Company
Dutch Wonderland
Linglestown Fire Company

A Special Thanks to:

Santa (Dr. David Wuestner, Sr.)
Friendship Center Staff
Lower Paxton Arts Council

McDonalds (Santa Breakfast)
North Side Elementary Wind Ensemble
One More Time
Lower Paxton Board of Supervisors

WHAT IS PICKLEBALL?

Come try the latest in adult league fun, PickleBall! Nothing sour about this! Combination of tennis, badminton and ping-pong all at the same time. Easy to learn and play! The sport is played with a wooden paddle racket and a plastic poly ball. The court is smaller than your average tennis court. This game is so much fun and we have the equipment to get you started. \$3 Non-member fee.

**Join us on Monday & Wednesday at 10 a.m.
YOU'LL BE PICKLED YOU DID!**



Chrissie Kelly

717.657.9658
717.652.9476 - F
1.888.345.6933

P.O. Box 6658
Harrisburg, PA 17112
ckelly@lowees.com

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President
kent@kltyndaleinc.com

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Harrisburg, PA

*Supporting Caitlin Smiles
and the Friendship Center!*

*Please contact us at
eastshore18@yahoo.com*